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UNITED STATES DEPARTMENT OF AGRICULTURE
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HOMEMAKERS' CHAT Friday December 27, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "UPS AND DOWNS IN WEIGHT" Information from the Bureau of Home Economics U. S. Department of Agriculture.

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There's lots of excitement in the air--sleigh ride parties--open house parties--reunions of old friends. It all means that young people are home from school and celebrating the holidays.

And now that the rush of Christmas is pretty well over--I'd like to talk about college students--and especially about their health. If they do have a health problem, this is a good time to take it up--before they go back for another three or four months at school.

You know most of the students on the holiday specials seem to be getting along fine. Take Betty Jones, for example. She came home looking the picture of health--proud of gaining seven pounds, which brings her up exactly to the average weight for her height and age. She's been getting good meals--keeping regular hours--taking lots of exercise. And you can easily see the results in her happy smile and bubbling enthusiasm for living.

On the other hand--there's Margaret Brown who has come home tired and listless, and she's not enjoying the holiday festivities one bit. Her mother blames the strict reducing program Margaret has been carrying on in secret. Margaret wanted a slim figure like her roommate's--so she stopped eating milk, potatoes, and bread entirely. She even cut down on fruits and vegetables--and when she was very hungry she nibbled candy to satisfy her appetite.

Fortunately, Margaret's mother took her to the family physician as soon as she got home. He found that she really had lost weight--far too much, in fact.

And he explained that a girl at school needs a well-balanced diet to make her feel good--look well--and get the most out of her studies.

Then there's Sarah, who looks thinner every time she comes home. In fact, Sarah hardly has enough energy to go back and finish the last half year of her course. You see, she's a self-help student--earning a good share of her own expenses. And she's been trying so hard to economize, that she's been neglecting her diet. Sarah often skips meals entirely--pays no attention to food values--seldom drinks milk or eats vegetables. She has a double job--studying and working at the same time--so she needs good food and a well-balanced diet even more than most young people.

But I don't want to give you the idea that all girls lose weight at school. There are any number who come back tipping the scales in the other direction. For instance, Irene's beginning to worry about her figure, for she has gained 15 pounds since last September. But her family is more worried about her health--they don't believe that it's normal for a girl to gain weight so rapidly.

Irene's dormitory serves good meals--but she picked out the sweets and starchy foods--neglecting some of the others that she always ate at home. And besides her regular meals--she ate candy between classes--stopped for ice cream sodas and sundaes in the afternoon--and was always on hand for midnight spreads. Too many carbohydrate foods caused extra pounds, and made her too full to eat other more necessary foods.

It seems to me that all college students need to know some of the general rules of good nutrition--so they can choose meals that will keep them fit for work and play. Certainly, if they take the responsibility for choosing their own meals in cafeterias and restaurants--they must have some definite guide for selecting food wisely.

When there's a question of gaining or losing weight--it's best to follow the advice of a doctor or dietitian, so you can modity your diet without neglecting any

of the needed food values. But here are some of the general suggestions for weight control--from the Bureau of Home Economics, U. S. Department of Agriculture.

Milk is one of the best foods--whether you want to gain weight or lose. It's almost impossible for you to have a well-balanced diet without milk, because it is such a rich source of calcium and other food values. Whole milk is not very high in calories, but if you're trying to lose weight you might drink buttermilk or skim milk instead. However, you must have some cream or butter, as a source of vitamin A.

Cereals and bread--especially the whole-grain kinds--belong on every diet list. Generous servings of cooked cereals with plenty of cream, thick slices of bread spread thickly with butter--help in gaining weight.

Certain low-calorie fruits and vegetables also belong in both gaining and reducing diets. On this list there's tomatoes--citrus fruits, such as oranges and grapefruit--and the green leafy vegetables such as kale, chard, collards, mustard greens, and spinach. Other important vegetables are the yellow ones such as carrots and squash, and the green ones such as broccolli and Brussels sprouts.

Everybody needs these fruits and vegetables for the vitamins and minerals they contain. If you're trying to gain weight, also use some of the more filling vegetables such as lima beans and corn. And serve the vegetables with extra butter, cream sauce, or Hollandaise sauce.

An egg a day is a good rule for your diet. Also try to fit meat, fish or poultry into at least one of the day's meals. If you're trying to lose weight, use the lean meats--without the rich sauces and gravies.

Besides these foods, there are some "extras" that help to move the weight balance upward. These are fats, including nuts and salad dressings, and sweets such as candy, desserts, and syrups. But be sure to eat these fats and sweets only after you've had all the other foods you need. And if you're trying to lose weight--use fats and sweets sparingly.

If somebody in your family is home for the holidays--perhaps they'll want to take some of these diet suggestions back to school with them.

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